



## Franklin Neighborhood: My Physical Activity Zone

### My "Activity Zone"

Please list **walking "destinations"** within 0-2 miles of your residence or work place (adjust the distance above to match your abilities and fitness level). Put a check in front of those destinations you currently walk to or could walk to:

	<u>Name</u>	<u>Distance</u>
<input type="checkbox"/> School	_____	_____
<input type="checkbox"/> Grocery store	_____	_____
<input type="checkbox"/> Convenience store	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Recreation facility	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Library	_____	_____
<input type="checkbox"/> Church	_____	_____
<input type="checkbox"/> Other	_____	_____
<input type="checkbox"/> Other	_____	_____

Please list **biking "destinations"** within 0-4 miles of your residence or work place (adjust the distance above to match your abilities and fitness level). Put a check in front of those destinations you currently bike to or could bike to:

	<u>Name</u>	<u>Distance</u>
<input type="checkbox"/> School	_____	_____
<input type="checkbox"/> Grocery store	_____	_____
<input type="checkbox"/> Convenience store	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Retail shops	_____	_____
<input type="checkbox"/> Recreation facility	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Dining	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Parks	_____	_____
<input type="checkbox"/> Library	_____	_____
<input type="checkbox"/> Church	_____	_____
<input type="checkbox"/> Other	_____	_____
<input type="checkbox"/> Other	_____	_____

### How do I determine my “Activity Zone”?


Take the enclosed map of the Franklin area and use the “mileage ruler” to draw circles on the map showing distances you would be willing to walk or bike to get to a “destination”. Place the map on a piece of cardboard or other backer and place a pin through the ruler hole marked “Home”. Push the pin into the spot on the map where your home is located. Using the pin as a pivot point, place a pencil in the ruler holes for distances you want marked on your map and then draw circle for those distances. You can also use a compass to draw the circles, using the ruler scale as your guide.

Adjust the distances below to match your abilities and fitness level. Anything in your zone should be considered as a possible walking or biking destination. Next time you’re ready to hop in the car and drive to a destination, consider whether a walking or biking trip might be a good alternative. It’s an easy way to build activity into your daily routine.

Want to know how far away specific destinations are? Map your route using the internet tool below that lets you choose the route and automatically calculates the distance. <http://walkingguide.mapmyrun.com/>

Need to transport goods from these destinations? Invest in a backpack or cart for walking and a backpack or saddle bags for biking.

#### Sample:

 0 to 2 Mile walking radius

 2 to 4 Mile biking radius

